



ST MEWAN C P SCHOOL

www.st-mewan.cornwall.sch.uk

AUTUMN NEWSLETTER NUMBER 1

"A Place Where Learning, Laughter And Friendship Are Shared"

Dear Parents and Carers

Welcome back to the new school year. It has been so lovely to welcome our pupils this week and to see our new Nursery and Reception children settling in very quickly and incredibly calmly. After the amazing Summer weather we started the term with a thunderstorm and torrential rain which was such a contrast and some of us got very soggy at the end of the day! Hopefully this is not what we will have for the rest of the Autumn term.

Roadworks

A reminder that Cormac will be carrying out extensive roadworks on the A390, from Monday 12th September. We are aware that this may cause delays to traffic entering the school and we ask that our school community is very patient during this time. Children in Years 1 to 6 can be dropped off in the playground from 8.20am and will be fully supervised.

If you would like to make use of our drop off zone in the car park as well, we do allow children from Year 1 upwards to walk to the playground as there is always a member of staff on duty to supervise them.

The end of the day will be more challenging and we will be mindful of the fact that parents may be a few minutes late collecting as they will be stuck in traffic. Please don't panic!

Cost of living rise

There are many experiences that we provide as a school that we simply could not do without voluntary contributions from parents as we do not have the budget for it and any underpayments have to be taken from other areas of our funding, leaving less for vital resources for our pupils.

We understand that everything is becoming more expensive for everyone so we are planning to inform you of everything we have organised for our pupils this year so you can spread the cost out over the year. We are more than happy to take instalment payments on School Gateway. If you need any help with payments or accessing the School Gateway system, please contact Mrs Moyle in the school office on 01726 74887

CAP – Christians Against Poverty

We have been given contact details for CAP – an organisation which supports people to organise their finances or work towards becoming debt free. They offer their services free of charge. If you would like to access support from CAP please call and speak to Mrs Badger, who has their contact details.

Toys Required

If you have any good quality, clean Lego or construction toys that we could use at our Wraparound Provision, we would really appreciate it. Please drop donations to the school office.

Parent Questionnaire Summer 2022

Thank you to those of you who took time to complete our questionnaire in the Summer. Results, feedback and actions are attached to this email.

CHARITY BAKER!



Well done to Caja from Year 5 who organised a two-day charity bake sale in Polkerris during the school holidays. This was part of her baking and charity badge for the Brownies and she raised an amazing £128.51 for Sally's Cat

Rescue. Well done Caja!



We are all deeply saddened to hear of the death of Her Majesty, Queen Elizabeth II. The whole school community is invited to remember The Queen in our Book of Condolence which will be available in the Main Reception during the period of mourning.

NHS

flu: 5 reasons

to vaccinate your child



- 1. Protect your child**
The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- 2. Protect you, your family and friends**
Vaccinating your child will help protect more vulnerable friends and family
- 3. No injection needed**
The nasal spray is painless and easy to have
- 4. It's better than having flu**
The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- 5. Avoid costs**
If your child gets flu, you may have to take time off work or arrange alternative childcare

For more information visit
www.nhs.uk/child-flu

Flu Immunisation
Helping to protect children, every winter

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MENTAL HEALTH AND WELL-BEING

This is becoming an ever increasing issue with our young children so we will be including a mental health and well-being advice and ideas section in each of our newsletters from now on. This week the focus is on SLEEP. Getting enough sleep is incredibly important for children so that they develop properly and reach their full potential.

The children in our school should be getting between 10 and 11 hours of sleep per night. If your child struggles with this, here are some simple tips from Dr Michael Moseley which will help.

1. Clear distractions out of their bedroom

That means no television, no laptops, no phones.

It is very easy for children to get into the habit of staying up late at night, going through social media, or watching a compelling new TV series on their phones. Depending on how compliant they are, you may need to remove electronic gadgets like phones and laptops before bedtime. In addition, it would be wise to have a rule where they have to switch off or hand over their devices an hour or so before bedtime, as winding down and getting ready for sleep can take a while.

2. Establish a sleep routine

Establish a routine which does not involve electronic devices. With younger children this might include a warm bath (which can help trigger sleepiness) and a not-too-exciting bedtime story. With older children you could try to hang around and have a quiet chat about what has happened during the day, and anything that may be on their minds.

3. Set up a regular sleep schedule

As part of the sleep routine you need to set a regular sleep schedule. It is really important that you get your children into a routine where they go to bed and get up at the same time each day, and they don't have long lie-ins at the weekend. If they are allowed to sleep in for an extra hour or more at the weekend then this can lead to what is known as 'social jet lag'.

Sleeping in on a Sunday morning means they will feel less sleepy come Sunday evening, so they will stay awake and be hard to rouse on Monday morning. Agree a routine with them, but one which means they are the sleep they need each night, depending on their age.

4. Try to ensure they are eating a healthy diet

That means a diet which contains plenty of fibre, in the form of whole grains, fruit and veg, and cutting back on sugar. There have been numerous studies which have shown that such a diet is associated with deeper sleep and less anxiety. That is, at least in part, because a healthy diet boosts levels of the microbiome – the 'good' bacteria that live in the gut – and these in turn produce 'feel-good' hormones like dopamine, which help improve mood.

Since one of the reasons why teenagers, in particular, stay awake at night is because they are ruminating and fretting, anything that improves mood is likely to be good for sleep.

5. Encourage them to be active outdoors

Spending more time outdoors, particularly in the morning, is really helpful for sleep because lots of bright, early morning light will help reset their internal clock, which in turn ensures they are feeling sleepy at the end of the day.

If your child is really struggling with sleep, it may be worth booking a consultation with your GP or making a referral to the School Nurse.



Funfest4Rosey

Run Ride Read Repeat

Sunday 11th September 1pm-9pm
Pitch 4 St Austell Rugby Club

Everyone welcome come join the fun!!

BANDS & DJs playing throughout the day...

**Tregony Teachers, Broken Down
Charlie Wingfield & more**

Bouncy castles, Face painting, Hair braiding,
Games, Licensed bar, Food stalls & more...
Brings chairs and picnic blankets

♥ All money raised will go to Rosey ♥

Entry £2 per car (Cash only). Cards accepted in the event.

#runrideread
repeat4rosey




Childrens Halloween Disco

Trewoon Village Hall
Saturday 29th October

Reception-Year 2
5:00pm-6:30pm

Year 3-Year 6
7:15pm-8:45pm

£2.50 a ticket

Prize for best fancy dress
Refreshments available to
purchase on the night



Message Trewoon Village Hall facebook page or
email trewoonvillagehall@gmail.com to book or
for more details

INTERNET SAFETY ALERT

Parents need to be aware of a new app called "Be Real". It is a form of social media which will send you a notification in the day which will ask you to take a photograph of what you are doing.

Everyone who downloads this app will receive a notification at exactly the same time but it will be a different time each day. As with all social media, there is a risk to children, especially when they are sharing images.

Please take some time to read the pros and cons of this app, on the link below.

NOTE - THE MINIMUM AGE FOR THIS APP IS 12.

<https://protectyoungeyes.com/apps/bereal-app-review/>

School Uniform

We had lots of unnamed, good quality lost property at the end of last year. It has all been popped in the washing machine and is either ready to be claimed or rehomed. If you need a school jumper for your child, please come to the school office as we may be able to help.

Please note, we are unable to accept any more donations of uniform as we cannot store it in school. You may be able to donate it to local charity shops (The Preloved Boutique in Gover has a second hand uniform section, for example).

PE AND SPORTS

Dear Parents/Carers

Here is some PE/Sport related information about what will be happening in the first few weeks and during this half-term, at St Mewan CP School.

Clubs start again in the second week (week beginning 12th September). A timetable for this half-term's clubs has been attached as well as a provisional clubs timetable for the whole year. For all after school sports clubs, children need to bring in their sports kit separately and will get changed at the end of the day (unless it is also their PE day). Most of our clubs will require booking via School Gateway.

The whole school PE timetable for this half-term is as follows:

***Monday - Year 1
Tuesday - Year 3
Wednesday - Year 5
Thursday - Year 2
Friday - Year 4 and Year 6***

On your child's PE day, please send them into school wearing their PE kit. The PE days will change each half-term and will continue to alternate throughout the year. Teachers will send out the PE days for their class every half-term on Dojo. EYFS children will be given a PE day for the Summer term ONLY.

Our school swimming lessons will take place this half-term for all pupils in Years 2 to 6. Your child's class teacher will send out more information regarding swimming the week before there are timetabled to go. Please note that swimming takes place every afternoon for their given week. Here are the dates for each year group. Year 5 pupils enjoyed their swimming lessons this week.

***Week beginning 12th September - Year 6
Week beginning 19th September - Year 4
Week beginning 10th October - Year 2
Week beginning 17th October - Year 3***

Any PE/Sports activities, competitions, fixtures and events will be shared via our St Mewan Sports Facebook page <https://www.facebook.com/stmewanschoolsport> as well as within the school's newsletters.

This year, we want to continue our efforts to build stronger links with our local sporting community and will be focusing on encouraging all of our pupils to get involved with, and join, local sports clubs. Not only will we invite these organisations in to offer sessions and activities within the school but we will also let parents know what sports clubs are out there locally, and how to get involved. If you are involved with a local sports club or organisation and would like to create a link with St Mewan School, please email us at @stmewanschoolsports@gmail.com.

If you have any questions about any of the above or about anything else that is PE/sported related, please feel free to contact the School Office, on your child's class Dojo or via the above sports email.

Many thanks.

St Mewan Sports Team

Autumn 1 – After School Clubs

Monday - Football (Y5/6) = Mr Boynton and Mr Sanson
@School Field

Monday – Choir (Y5/6) = Mrs Harvey – *4:20 Finish*
@Bottom Car Park

Tuesday - Football and Netball Fixtures = Mr Boynton, Miss Martin, Miss Downing, Mr Mitchell and Mr Sanson (invite only)

Tuesday lunchtime – EYFS Storytime club – Mrs Walker

Thursday - Netball (Y5/6)=Miss Martin and Miss Downing
@Bottom playground

Thursday lunchtime – Year 2/3 Sewing Club =
Mrs Best and Miss Stephens

Thursday - Year 3 & 4 Coding Club – Mr Donnelly
@ Class 6D

Thursday- 3/4 Football – Mr Boynton and Mr Mitchell
@ School Field

Thursday – Y5/6 Reading adventures club – Mrs Iliffe
@Bottom Car Park

Friday - Girls Football (KS2) = Mr Boynton and Mr Sanson
@School Field

Friday lunchtime – Y1 Fine Motor Skills – Mrs Rodgers and Miss Vercoe

Key = Y5/6 Y3/4 Y1/2 EYFS

- Please book your child onto any of the above after school clubs via the school gateway. Lunchtime clubs may not always require you to sign up to.
- All A/S clubs will finish at 4:30 unless specified otherwise. Please collect your child from the specified location in the table above.

St Mewan CP School – Extra-Curricular Clubs – 2022/2023

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Monday - Football (Y5/6) = Mr Boynton and Mr Sanson	Monday - Basketball (Y5/6) = Mr Boynton and Mr Sanson	Monday - Tennis (Y5/6) = Mr Boynton and Mr Sanson	Monday - Cricket (Y5/6) = Mr Boynton and Mr Sanson	Monday - Bat and Ball Club (EYFS) = Mr Boynton and Mr Sanson	Monday - Athletics (Y5/6) = Mr Boynton and Mr Sanson
Monday - Choir (Y5/6) = Mrs Harvey	Monday - Choir (Y5/6) = Mrs Harvey	Monday - Choir (Y5/6) = Mrs Harvey	Monday - Choir (Y5/6) = Mrs Harvey	Monday - Choir (Y5/6) = Mrs Harvey	Monday - Choir (Y5/6) = Mrs Harvey
Tuesday - Football and Netball Fixtures = Mr Boynton, Miss Martin, Miss Downing, Mr Mitchell and Mr Sanson (teams only)	Tuesday - Football and Netball Fixtures = Mr Boynton, Miss Martin, Miss Downing, Mr Mitchell and Mr Sanson (teams only)	Tuesday - Football and Netball Fixtures = Mr Boynton, Miss Martin, Miss Downing, Mr Mitchell and Mr Sanson (teams only)	Tuesday Football and Netball Fixtures = Mr Boynton, Miss Martin, Miss Downing, Mr Mitchell and Mr Sanson (teams only)	Tuesday - Y6 Handball Cricket - Mr Boynton and Mr Donnelly	Tuesday - Y6 Handball Cricket - Mr Boynton and Mr Sanson
Tuesday Luncetime – EYFS Storytime Club – Mrs Walker	Tuesday Luncetime – Y3 & 4 Card Making Club – Miss Lynch	Tuesday – EYFS Coding – Mrs Lyers	Tuesday – EYFS Yoga & Fitness – Mrs Lyers	Tuesday – Athletics (Y3/4) = Mr Sanson and Miss Palmer	Tuesday Luncetime – KS1 Storytime club – Mrs Badger
Thursday - Netball (Y5/6) = Miss Martin and Miss Downing	Thursday – Ball Skills (KS1) = Mr Boynton	Thursday – Greater Depth Writing Club – Mrs Spargo & Mrs Jiffe (invitation only)	Thursday – Cricket (KS1) = Mr Boynton	Thursday – Skate Club (Y5/6) = Mr Hollebon and a TA	Thursday – Skate Club (Y4) = Mr Hollebon
Thursday Luncetime – Year 2/3 Sewing Club = Mrs Best and Miss Stephens	Thursday - Netball (Y5/6) = Miss Martin and Miss Downing	Thursday – Tennis (KS1) = Mr Boynton	Thursday – Greater Depth Writing Club – Mrs Spargo & Mrs Jiffe (invitation only)	Thursday – Athletics (KS1) - Mr Boynton and Miss Palmer	Thursday – Games and Ball Skills Club (EYFS) – Mr Boynton
Thursday - Year 3 & 4 Coding Club – Mr Donnelly	Thursday - Year 5 & 6 Coding Club – Mr Donnelly	Thursday – Year 3/4 Reading adventures club – Mrs Jiffe	Friday - Cricket (Y3/4) = Mr Boynton and Mr Sanson	Thursday – EYFS Art club – Mrs Constance	Thursday – KS1 Mindfulness – Mrs Bark
Thursday - 3/4 Football – Mr Boynton and Mr Mitchell	Friday - Basketball (Y3/4) - Mr Boynton and Mr Sanson	Friday - Tennis (Year 3/4) = Mr Sanson and Mr Boynton	Friday - Golf Club (Y5/6) = Mr Boynton and Mr Sanson	Friday - Golf Club (Y5/6) = Mr Boynton and Mr Sanson	Thursday – Games and Ball Skills Club (EYFS) – Mr Boynton
Thursday afterschool – Y5/6 Reading adventures club – Mrs Jiffe	Friday Luncetime – Reception Fine Motor Skills – Mrs Rodgers and Miss Wescott			Friday Luncetime – Year 1 Super Sounds Club (invitation only) – Mrs Bark	Thursday afterschool – Y5/6 Dance Club – Mrs Jiffe
Friday - Girls Football (KS2) = Mr Boynton and Mr Sanson					Friday - Golf Club (Y3/4) = Mr Boynton and Mr Sanson

EYFS = Storytime Club, Fine Motor Skills, Coding, Yoga & Fitness, Art Club, BatBall Club and Games/Ball Skills Club. (7 in total)

KS1 = Sewing, Fine Motor Skills, Ball Skills, Tennis, Cricket, Athletics, Super Sounds Club, Storytime Club and Mindfulness Club. (9 in total)

Y3/4 = Coding Club, Football, Girls Football, Card Marking Club, Reading Adventures Club, Basketball, Tennis, Cricket, Athletics, Skating and Golf. (11 in total)

Y5/6 = Football, Choir, Reading Adventures, Girls Football, Basketball, Coding Club, Tennis, Cricket, Writing Club, Skating, Golf, Athletics, Dance Club. (13 in total)

Above is the list of extra-curricular clubs that we plan to offer for each age group at St Mewan this year. All age groups have a minimum of one club for every half term, all of which are free of charge and run by our own members of staff. The number of clubs available for our pupils increases as they progress through the school due to their ability to access a wider range of activities at an older age. Our extra-curricular clubs are reviewed and adapted every year to ensure that we are meeting the needs of our pupils.